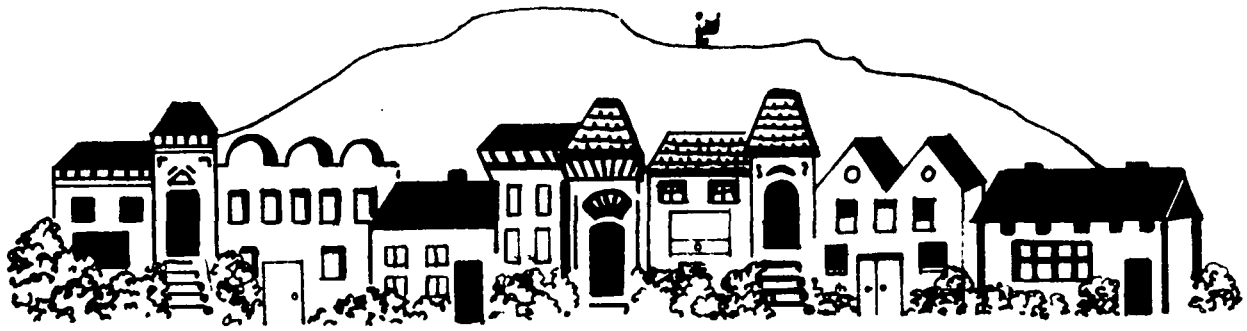




BERNAL JOURNAL

JUNE—JULY 1988

151

VOLUME 25, No. 3

A sad day in the neighborhood

Bernal Man Shot by Reputed Drug Dealer

by Buck Bagot

At about 3:10 p.m. on Friday, April 15, 1988, Charles Waddell was killed by a reputed drug dealer near the corner of Highland and Patton on Bernal Heights. Waddell had confronted the pusher and said "Get out of here. You don't belong in this neighborhood." Adjacent to the Holly Court Public Housing Project, the corner had long been the site of crack cocaine and other drug dealing, according to the San Francisco Police Department and neighborhood residents. An *all points bulletin* was issued for Raymond Antoine Dentley, 21, who has past drug convictions, and who last lived at 130 Kelloch Street in San Francisco. Mr. Dentley turned himself in to the Police, and faces charges of first degree murder.

The *San Francisco Examiner* and *San Francisco Chronicle* quoted the police in reporting the next day on the incident: Mr. Waddell had been shot and killed by a man at point blank range. "It was a very brutal attack," said Homicide Inspector Frank Falzon. "It was an older fellow shining off a young fellow who was humiliated and embarrassed and took it to the extreme by getting a gun, coming back, and teaching the older man a lesson." Falzon said the 44-year old victim "took a playful swing at the suspect and told him to take a hike." Dentley went to his car, returned with an automatic weapon, and began chasing Waddell down the 100 block of Highland Avenue. "He fired several shots, and one of those struck a 13 year old boy standing at the corner of Highland and Patton."

The boy told the *Bernal Journal* that he had been standing on the street with some of his friends when a man came running down Highland shooting, and that he had been hit in the lower calf. His mother stated that doctors felt there would be no permanent physical damage. She said that the family would be fine. She asked that her name not be mentioned, due to the great deal of attention from the news media and police officials.

(continued on page 10)

Hope from despair: Neighbors organize in the face of desperate conditions. See page 10.

New BHCF Board of Directors



BERNAL NEIGHBORS NEWLY ELECTED (OR RE-ELECTED) TO THE BERNAL HEIGHTS COMMUNITY FOUNDATION BOARD AT CONGRESS '88:

(bottom row, l to r) Steve Antonaros, Pattie Bartlett, Diane Ross, Tim Molinare, Gerald Whitehead, Irene Thompson; (top row, next to outgoing secretary Judy Drummond) Carren Kirkland, Sister Janet Simons, Olivia Dildy, Teresa Mejia, Marci Wilson, Lee Egger. Missing from photo: Cristina Majewsky, Lisa Steadman.

Proposition A:

Our Schools are Falling Apart!

by Gerald Whitehead

At Paul Revere Annex, when it rains, sheets of water flow over the front door and water penetrates the windows and ceilings of the building. Across the street at Paul Revere School, built in 1973, water seeps through the windows on the south side of the building. At each, additional toilet facilities are needed and those existing toilets need plumbing upgrading. Of a more immediate nature, asbestos abatement needs to be performed.

Junipero Serra Annex Children's Center a few blocks west also awaits asbestos abatement, and the roof and gutters on two bungalows need replacing. On Army Street, asbestos abatement also must be performed at Leonard Flynn Elementary School and Children's Center. Flynn also has antiquated electrical and plumbing systems which need upgrading. At Holly Park, Junipero Serra Elementary School (constructed in 1976) is free of asbestos but is plagued by a leaky roof and lack of proper heating controls.

The age of the schools of Bernal Heights range from 12 years (Junipero Serra) to 62 years (Flynn). (City-wide, the average age of our school buildings is 45 years, with ten schools being over 65 years old). No major repair work has ever been

performed at either Flynn or Paul Revere. The last major repairs at Paul Revere Annex were done twenty years ago!

According to the San Francisco Unified School District (SFUSD) and Proposition A supporters, *Proposition 13* limited the school district's ability to raise funds, and revenues from the lottery are just not enough. Because funds currently available

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NEW BERNAL JOURNAL

515 Cortland Avenue,
(phone 648-0330).

The *New Bernal Journal* is an open forum of the community sponsored by the Bernal Heights Community Foundation. It is dedicated to providing the people of Bernal Heights with neighborhood news, ideas, issues, and events. Articles express the views of contributors and not necessarily those of the Community Foundation.

The next meeting of the *New Bernal Journal* Advisory Board is June 13.

Deadline for articles and ads for the August-September issue is:

JULY 1

All manuscripts must be typed, double-spaced, or arrangements can be made to enter them directly into the computer. We reserve the right to edit for clarity or space.

Circulation for this issue: 8,000

New Bernal Journal Staff/Volunteers:

Youth Project Coordinator: Gail Corbitt

Managing Editor: Barbara Bagot

Youth Page Editor: Eileen Dizon

Production Manager: Kay Daly

Artwork: Peter Richardson, Spain Rodriguez

Data Processing: Eugenia DiStefano, Buck Bagot

Creative Writing Editor: Jessie Alvarez

Production Crew: John Lyon, Bob Dutra, Peter Richardson, Amy Love

Distribution: Diane Ross, Steve Antonaros, Mike Noon, and a cast of hundreds!

Advertising: Gail Corbitt

Photography: Diane Ross, Vicki Victoria, Sister Janet Simons

Spanish Translation: Eugenia DiStefano

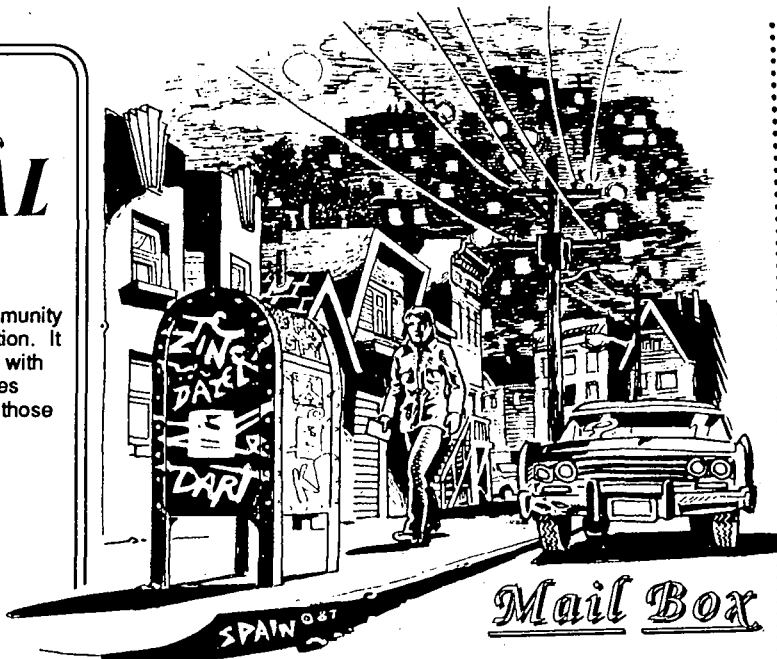
New Bernal Journal Advisory Board:

Karen Rivas, Jessie Alvarez, Tom Fell, Monifa Quarels, Cathy Bremer, Paulette Lincoln, Jerry Powell, Peggy Turnipseed, Nicole Myers, Lisa Steadman, Bill Sorro, Donald Pipkins, Warren Hinckle

Advertising: 648-0330

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Dear *Bernal Journal*,

Recently, I visited Mt. La Salle, novitiate of the Christian Brothers in Napa. Brother Columban, F.S.C. mentioned that he would like to receive the *Bernal Journal* on a regular basis, but he could not find a subscription form in the paper. Would you be kind enough to enroll Brother Columban and inform him of the details?

Brother was born and reared on Bernal Heights (Bennington) and still has the fondest memories of the Hill. We send him the Parish Bulletin and now he wishes to receive the *Journal* as well. Brother is in retirement and has plenty of time for good reading.

Thanks for your attention to this matter.

Sincerely,

Father O'Malley
St. Kevin's Church

BJ Staff Note: Thank you for your kind letter, Father! We'll add Brother Columban to our special mailing list.

We are receiving more and more requests for a subscription service, but that takes time and effort to put together. Can anybody out there give us a hand?



BHCF OLDTIMERS TAKE TO THE HILLS...

BHCF co-founder and past Executive Director Roger Borgenicht, and Kate Lambert, who helped to develop the Bernal Heights Neighborhood Center, are now happily married and living in Salt Lake City, Utah. They are pictured here in the Wasatch Mountains, with their baby girl Maya and friend Pattie Bartlett, BHCF Board member. Roger is the Executive Director of a community design center serving low income Utah residents; he also leads the Urban Design Coalition, a group fighting against the Manhattanization of Salt Lake City and for neighborhood say over development. When she's not feeding Maya, Kate is counseling families with children, and attending grad school getting her Masters of Social Work. Same old Rog and Kate! (l to r: Kate, Pattie, Roger, and Maya).

—New Youth Page Editor—

The Bernal Journal Youth Project welcomes our new Youth Page Editor, Eileen Francesca Solana Dizon, a 15 year old Lowell High School sophomore. Eileen has lived in Bernal Heights with her family since she was three years old. She says that she is pleased to be the Youth Page Editor because, "I can do something for my community—corny but true!"

When asked about her hobbies, Eileen answered with, "I never know what to say. I like typical things like music, movies, and money (otherwise known as M&M's)." However she is also interested in Amnesty International's campaign, a very worthy cause to save "prisoners of conscience". She's involved with the Amnesty International Club at Lowell where letter-writing campaigns have started. Drill Team is also a major part of her life. The Lowell Girls Drill Team—of which she has been a member for two years—has won first place in numerous competitions. "We're not just a team, but family and friends too," she says proudly.

Looking towards the future, Eileen will probably base her career on one of the M&M's. For now, being the Youth Page Editor will suit her fine. She looks forward to learning key job skills which she can apply to many professions!

☺ ☺ ☺

Special thanks once again to the Junior League Enabling Fund for donating the funds that we're using to pay our Youth Page Editor!

☺ ☺ ☺

Monifa Quarels, our outgoing Youth Page Editor, is graduating from Burton High in June. She's starting college at Cal State-Northridge this summer. Thanks and good luck, Monifa!

Editor's Update

We have so many people to thank! First, Don Chan of community Education Services for blessing us with the energy and commitment of Peter Richardson for the past school year. Peter joined the Bernal Journal Youth Project through Don's *Learning through Serving* program, and we hope Peter will continue volunteering after he graduates from O'Connell High this summer. The program wouldn't be possible without terrific teachers like Barbara Blinnick of O'Connell.

Next, thanks to Mrs. Annie Curry of Burton High and the great Burton seniors—Lani Pittman, Nicole Patterson, Monifa Quarels, Brian King, and Tes'lan'e Smith—for helping the Bernal Journal Youth Project and the Community Congress this semester.

Special thanks to Eugenia DiStefano for coming to the rescue on Spanish translation and data entry!

☺ ☺ ☺ Hey! Remember that very pregnant Board member Irene Thompson at the Congress? Well, she and Jerry Powell are proud parents of new baby boy Wesley, born May 7—congrats to the whole family! ☺ ☺ ☺

Deepest thanks and warmest wishes to Judy Drummond and Fay Farrar, whose terms on the BHCF Board of Directors just expired. They have both invested years of talent and energy in Bernal Heights: Judy concentrating on affordable housing, Fay on the neighborhood center. Don't be strangers! We still need you!

—BHCF Board of Directors

You're Invited To Dinner!

The Bernal Heights Community
Foundation's Family Night

By Vicki Victoria

Friday, July 22, 1988 will be the first in a series of quarterly community dinners at our Neighborhood Center. Titled "Family Night," the dinners are organized to bring Bernal's neighbors together for a night of socializing and entertainment. Family Night begins at 6:00 p.m. with a "social hour" serving appetizers and beverages. The spaghetti dinner will be served at 6:30 p.m. Guests will be able to choose from meat or vegetarian spaghetti sauces and will enjoy garlic french bread, salad, and wine or punch.

Due to the limited space at our Neighborhood Center, only 75 guests will be able to attend. It is strongly encouraged that you buy your tickets in advance at the Neighborhood Center or from one of the Bernal Heights Community Foundation's board members or staff. Tickets are \$8 for adults, \$5 for senior citizens and children under 12. The money raised from Family Night will go towards badly needed building repairs of our Neighborhood Center. For more information, contact Vicki at the Neighborhood Center, 648-0330.

Alemany Parents organize!

by Buck Bagot

The Alemany Parents organization selected food as an issue in part of their campaign to organize residents for better conditions in their community. Led by Betty Hoskins and Tiki Hadley, they have made great progress toward their goal.

OPERATION SHARE FOOD CLUB

Through the SHARE Program, neighborhood volunteers work together for healthy, inexpensive food. For \$15 a month, SHARE members receive a food box worth over \$40. Tiki signed up a few residents to get food through the St. Kevin's SHARE group (thanks to Gail Corbitt for all her help). Tiki circulated literature about SHARE. When that didn't sign enough people up, she carried a food box door-to-door. At last count, twenty Alemany residents had signed up, and were about to start a SHARE group at Alemany.

FOOD FOR LOW INCOME PARENTS AND THEIR KIDS

The Parents decided to work to get surplus food for Alemany residents, and to have distribution out of the Alemany community room. Surplus food is distributed by the Economic Opportunity Council (EOC) on the fourth Thursday of each month at the Bernal Heights Neighborhood Center. But the line starts forming at 5:30 am, and the 67-Bernal bus doesn't start running until 6:00 am. The food always runs out, and the whole program is in jeopardy of being canceled. As the program has been cut back (thanks to our buddy Ronald Reagan), the number of distribution centers has been cut back from eighty-nine to eleven. So, the Parents couldn't get the food given out at Alemany. But the parents didn't stop there.

With the help of the Bernal Heights Community Foundation (BHCF), they contacted the EOC again. They found out that there was a special surplus food program for low income parents with children under six. With the help of Betty Brooks of EOC, they were trained to sign mothers up for the program. On Wednesday, May 18th, twenty Alemany parents and kids received thirty-four boxes of food at the Alemany community room. The Parents had convoyed to the distribution center, and picked up the food. At last count, over thirty families had been recruited to the "baby box" program, and distribution will happen monthly—at the Alemany community room.

For more information about the Alemany Parents, the Alemany SHARE group, or the Alemany baby box program, Betty Hoskins at 695-8843, or 826-TIKI.

Special thanks to Carlos Alcalá for coming to the rescue on paste-up night!



John Hoskins, Betty Hoskins, and Andrea Ortiz after unloading the baby boxes at Alemany.

Free Small Business Workshops

Free evening small business workshops for owners, would-be owners, buyers, and sellers of small businesses are scheduled during June and July at the Downtown Community College Center, 800 Mission Street at Fourth.

The classes, all scheduled from 6 to 9 p.m. include:

- ❑ **Going Into Business to Stay:** Wednesdays, June 1-22. Organizing and starting up, leasing, permits equipping and stocking the business, and budgeting.
- ❑ **Developing a Business Plan:** Tuesdays & Thursdays, June 7-23. Putting a business idea into practical written plan to stay on track.
- ❑ **Buying a Business Profitably:** Mondays, June 20 & 27. Find a business, finance it, verify the seller's information and financial statements.
- ❑ **Keeping Score on Business:** Tuesdays, July 5 & 12. Keep track of the business' financial strengths and correct its weak
- ❑ **How to Sell a Business Profitably:** Tuesdays, July 19 & 26. How to prepare the business for sale, find a broker, or sell it yourself, set the price, deal with the buyer, and finance the sale.

Workshops are led by Rudolf Solomon who started and managed businesses for over 30 years. He's conducted workshops for the Small Business Administration (SBA) and chairs the SBA's San Francisco Advisory Council. Solomon has received numerous awards from national and Bay Area organizations for distinguished contributions to small business.

To register, attend the first class meeting. For more information call the Downtown Community College Center at (415) 239-3660.

Two sides of learning

3

On May 20, Cortland Center Head Start held a graduation ceremony for eight students, and honored nine students who will be returning next year. The eight graduates are Jose Cabezas, Lorena DeAnda, Javier Diaz, Anthony Gardner, Marcus Roberts, Emparatriz Huerta, Rigoberto Canizalez and Tawtanisha Lee. The children sang in Spanish, English and Samoan for the audience.

A special Community Service Award was given to Vivian Sykes, our Bernal Heights Children's Librarian, for outstanding storytelling, teaching songs and doing art. Community Service Awards were also presented to Mary Foy, Barbara Bagot and Gail Corbitt of the Bernal Heights Community Foundation.

Teachers Wendy Zeigler and Elvita Tejeda presided at the bilingual ceremony. At the end of this school year every student in the school had gained language skills in both Spanish and English. The celebration concluded with a pot luck lunch and a piñata party.

Los dos lados de la educación

Cortland Center Head Start, llevo a cabo la ceremonia de graduación en mayo 20 del año en curso, para ocho estudiantes y otros nueve fueron mencionados con honores, los cuales regresaran el proximo año escolar. Los ocho estudiantes graduados son: José Cabezas, Lorena de Anda, Javier Díaz, Anthony Gardner, Marcus Roberts, Emperatriz Huerta, Rigoberto Canizales y Tawtanisha Lee. Los niños cantaron en ingles en español y en samoan para la audiencia.

Un premio especial de servicios de premiación de la comunidad, fue dado a Vivian Sykes que es la encargada de nuestra biblioteca en Bernal Heights por su sobresaliente participación en la lectura de libros, enseñando canciones y haciendo arte.. El servicio de Premiacion de la Comunidad premio tambien a Mary Foy, Barbara Bagot y Gail Corbitt del Bernal Heights Community Foundation.

Las maestras Wendy Zeigler y Elvita Tejeda dirijieron la ceremonia bilingue. Al final del año escolar, cada uno de los estudiantes en la escuela han incrementado la habilidad en ambos lenguajes, ingles y español. La celebración termino con un pot luck lunch y una fiesta con piñata.



A helping hand...

Domestic violence is a crime. You can break the cycle of violence. Get involved! **La Casa de las Madres**, San Francisco's first shelter for battered women and their children, NEEDS VOLUNTEERS NOW! La Casa de las Madres provides women with safe shelter, a 24-hour crisis line, counseling, support groups, childcare, and community education. Volunteers are trained to help provide these crucial services. Training begins June 4th. Help battered women help themselves. You can make a difference. **CALL 777-1808.**



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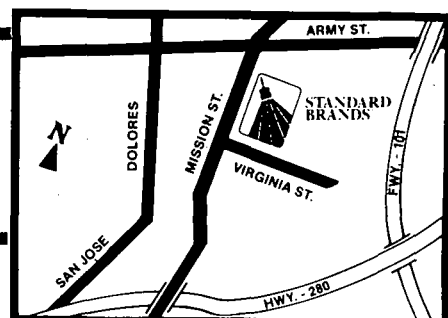
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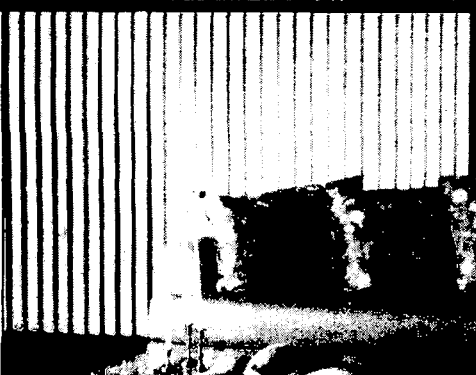
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Be it resolved...

by Gerald Whitehead.

Lower income families are unable to purchase homes—even when they have the down payment; Hispanics have problems finding employment due to language difficulties; crime and drugs threaten lives in Alemany and Holly Court housing projects. These were some neighborhood problems, together with resolutions, presented by Bernal residents for consideration at the second annual Congress of the Bernal Heights Community Foundation (BHCF).

This exercise in community involvement was greatly enriched by a special outreach program to involve the Hispanic residents of Bernal in the Congress. Francisco Mega was the coordinator for this outreach. As a result, a number of resolutions were passed on problems of concern to the Hispanic community and Hispanics were elected to the BHCF Board of Directors.

The sixteen resolutions passed by the Congress become a guideline for the community work of the BHCF for the next year. The Congress resolved that the BHCF should:

1. Hire a bilingual resource person to help outreach into the Hispanic community.
2. Provide Hispanics with assistance, including bilingual staff to deal with immigration problems.
3. Form a parent group to work on child care problems.
4. Work with low income families to inform them about various programs that may assist them in buying a home, including assistance in setting up co-ops.
5. Provide renters with materials, written in English, Spanish, and possible other languages, on their rights under city and state laws.
6. Assist residents in finding more affordable, larger and more adequate housing.
7. Work with Bernal residents to exert control over development and affordable housing development in the community.
8. Support legislation to extend rent control to vacant units.
9. Jointly sponsor, with St. Kevin's, the Bernal organizing effort to help residents organize in public housing on Bernal, and more generally on youth issues.
10. Support the work of the community health coalition of the Gray Panthers in advocating for a national health system.
11. Help to develop a series of community forums to address the invasion of drugs and form support groups and provide information and referral to those in need.
12. Support Proposition A, the school repair bond program, as there is a need to expedite asbestos abatement to reopen Paul Revere's main building.

13. Help to approach banks, fund raisers, and government agencies to obtain a pool of funds for a revolving loan fund for home rehabilitation.
14. Work with the business community and neighborhoods to stimulate new business interests on Cortland Avenue.
15. Continue to organize members through the democratic process on the issues of downzoning.
16. Work with the DPW to get a study of parking problems and accessibility of fire hydrants on Bernal Heights.

The neighbors who sponsored these resolutions have already committed to working on them in the coming year. The BHCF is coordinating this work with community members. Any resident interested in any of these issues is encouraged to contact the BHCF at 648-0330 and volunteer to participate in implementing these goals.



Resoluciones Pasadas por el Congreso

por Gerald Whitehead.

Para las familias de bajos ingresos, es imposible la compra de una casa, aún cuando pueden pagar la prima o enganche. Los hispanos tienen dificultad al buscar trabajo debido al idioma. El aumento de crimen y drogas en Alemany y Holly Court housing.

Estos fueron los tres problemas del vecindario, presentados junto con las resoluciones por los residentes de Bernal por consideración en el Congreso Anual del Bernal Heights Community Foundation (BHCF).

El Congreso anual dedicó la mayor parte del tiempo a la presentación de problemas específicos de la comunidad, y a la presentación de resoluciones a estos. Este ejercicio de participación de la comunidad, fue gratamente enriquecido en el reciente Congreso por un Programa especial para alcanzar la participación de los hispanos residentes en Bernal durante el Congreso. Francisco Mega fue el coordinador de este alcance. Como resultado, numerosas resoluciones fueron pasadas sobre problemas que conciernen a la comunidad hispana e hispanos fueron electos en la junta de administradores del BHCF.



Las resoluciones pasadas por el congreso, empiezan una norma para el trabajo de la comunidad del BHCF para el próximo año. Las resoluciones pasadas por el congreso en este año son, que el BHCF debiera:

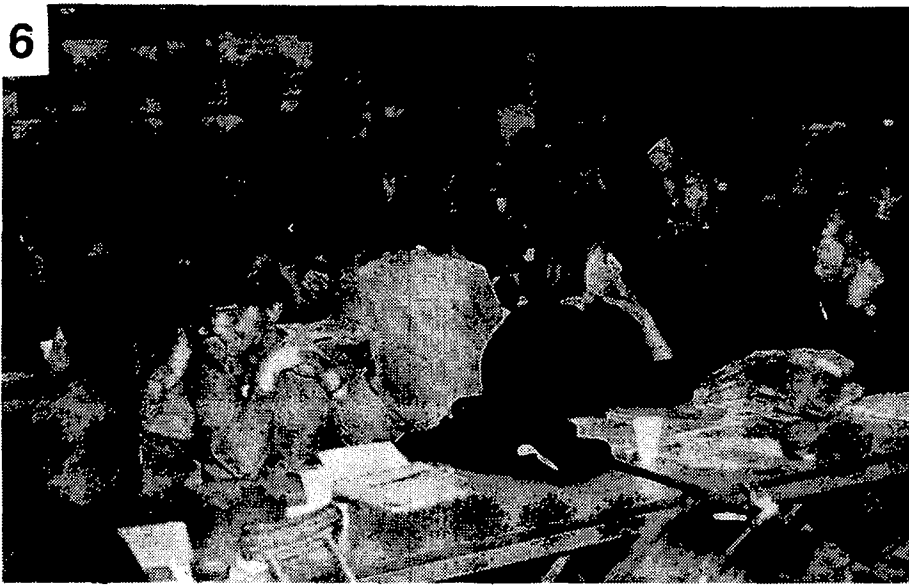
1. Contratar a una persona bilingue para ayudar a alcanzar a la comunidad hispana.
2. Proporcionar asistencia a los hispanos incluyendo personal bilingue que trate con los problemas de inmigración.
3. Formar un grupo de padres que trabajen en el problema del cuidado de los niños.
4. Trabajar con las familias de bajos ingresos, informándoles de los diferentes programas que pueden ayudarlos a comprar una casa incluyendo dirección de como organizar Co-ops.
5. Proporcionar a los inquilinos con información escrita en inglés y español y posiblemente en otros idiomas, de sus derechos bajo las leyes de la ciudad y del estado.
6. Ayudar a los residentes a encontrar una casa adecuada, económica y mas amplia.
7. Trabajar con los residentes de Bernal para tomar control sobre el desarrollo y compra de casas que estén al alcance económico en el desembolvimiento de la comunidad.
8. Apoyar la legislación de extensión sobre el control de rentas de unidades vacantes.

(continued on page 6)



Burton High seniors Nicole Patterson, Monifa Quarels, Tes'lan'e Smith, Brian King, and Lani Pittman (not pictured) do child care at the Congress.





CONGRESO (continued from page 5)



Mr. Ho and Mary Foy working hard, as usual!

9. Union responsable en St. Kevin, el esfuerzo organizado de Bernal para ayudar a los residentes a organizar la unidad habitacional en Bernal y más generalmente en resultados para los jóvenes.

10. Apoyo al trabajo de la Union de Salud de la Comunidad de las Panteras Grises en defensa del sistema de salud nacional.

11. Ayudar a la formación de tribunales de la comunidad para tratar la invasión de drogas, y la formación de grupos de apoyo y proporcionar información y referencias para los que las necesiten.

12. Apoyo a la porpocicion "A". Programa Unido para reparar la escuela, así como la cecesidad de apresurar el reducimiento de asbestos para re-abrir el edificio principal de Paul Revere.

13. Ayuda pa un tratodo con los bancos y aumentos de fondos y agencias de gobierno para obtener una combinación de fondos para un prestamo rotativo para la rehabilitación de casas.

14. Trabajar con los negocios de la comunidad y del vecindario para estimular los intereses de los

nuevos negocios en la Avenida Cortland.

15. Continuar con la organización de miembros a travez de un proceso democratico en los resultados de la restricción de construcción habitacional de esta zona residencial.

16. Trabajar con el DPW para obtener un estudio de los problemas de estacionamiento y acceso a las bocas hidraulicas de agua para apagar el fuego en Bernal Heights.

Los vecinos que patrocinaron las resoluciones se han hecho responsables para trabajar en ellas en el ano venidero. El BHCF es una agencia coordinada para trabajar con los miembros de la comunidad sobre las resoluciones. Cualquier vecino interesado en cualquiera de los problemas cubiertos por una resolucion son animados para ponerse en contacto con el BHCF al 648-0330, y hacerse voluntario para participar en las planeaciones y/o trabajar para implementar la meta de las resoluciones.



When Jesse Wins, We win!

. . . America's communities and the American people are in need . . . It's time to turn back to the people: to reinvest in America.

Jesse Jackson

**On June 7, vote "yes" for Jesse Jackson
Make Bernal Heights count!**

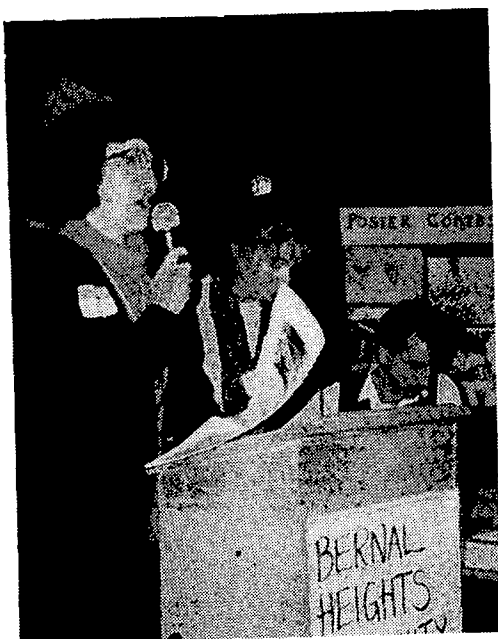
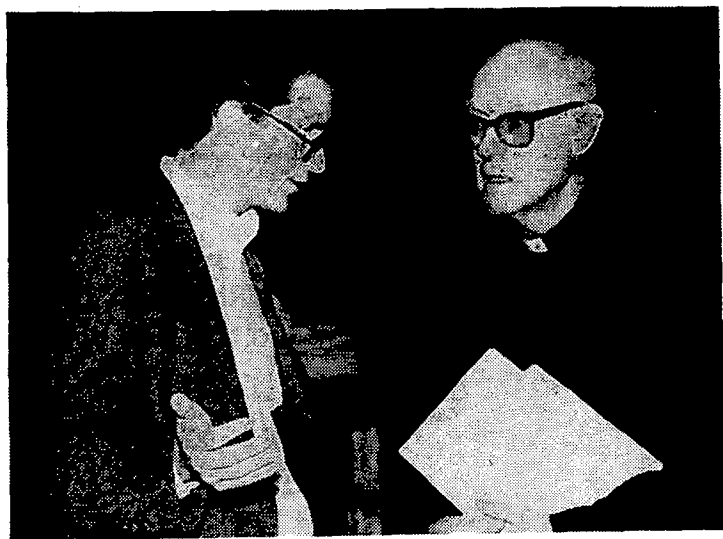
The Jesse Jackson '88 Campaign would like to thank all the individuals who helped to make the May 22 Benefit at the Bernal Heights Neighborhood Center a real success. A special thanks to the following businesses and organizations for their generous support: *Bakers of Paris, Ziad and Imad Yaish of the Deli Pub, Karen Rivas of 4-Star Video, Goat Hill Pizza, La Petite Boulangerie, Manzanita Used Books and Records, Toni Grabbe of Marvin Gardens, Pueblo to People, Rainbow General Store, Red Star Collective of CISPES, Rite Way Market, Triumph Realty, and Attny. Nancy White of the Wild Side West bar.*

Congress '88: Over 160 BHCF members attended the Second Annual Community Congress on April 23.



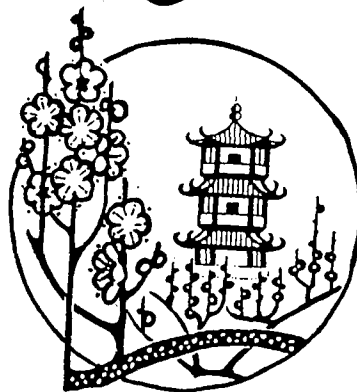
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Deputy Mayor Claude Everhart delivers the keynote address at Bernal Congress '88.



梅林小館

Mai Lum



Restaurant

in Bernal Heights

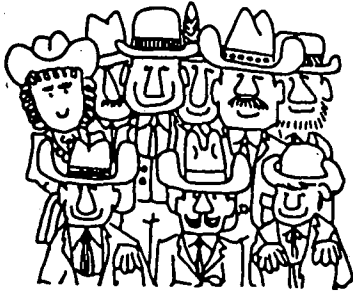
FOOD TO GO

**525 Cortland Avenue
San Francisco, CA 94110
TEL: (415) 648-9237**

**OPEN: 11:00 a.m. to 9:00 p.m.
Seven days a week!**

Summer '88 Jobs

by R. J. Dutra



Summer '88 will see ninety-eight lucky Outer Mission youths gainfully employed for twenty hours a week between June 27th and August 19th, by the Federally sponsored and ever-shrinking Summer Youth Employment Program. Low income youths, 14 to 21, will receive \$4.25 per hour along with valuable work experience and job skills. Precita Center has administered the Outer Mission program since 1980; it serves Bernal Heights, Excelsior, and Crocker-Amazon. Eight years ago 300 jobs were available to the hundreds of eligible youths in each of these three districts, according to Area Supervisor Josie Shinn and Assistant Nani Wilson. Today there are "only 98; every year it's been cut," Shinn says, "put that in the *Bernal Journal*, Bob."

For a generation, the *Summer Jobs* program was the first work experience for many youths: a valuable lesson in the tedium of filling out forms correctly; the discipline of showing up in the right line at the right place right on time; work week responsibilities and payroll complications; earning money; getting it; and spending it. Critics call it "make-work". Work sites from the S.F. Sheriff's Department to Senior Lunch Programs will attest to the quality of these youthful helping hands. The Bernal Journal Youth Project was greatly enhanced by Patty Salazar and Eduardo Garcia in 1987. Summer programs serving thousands of children rely on *Summer Jobs* for employees to provide their services. Critics call it a payoff to keep the lid on youthful Summer energies. 98 jobs? Some lid!



AYSAP at Community Congress

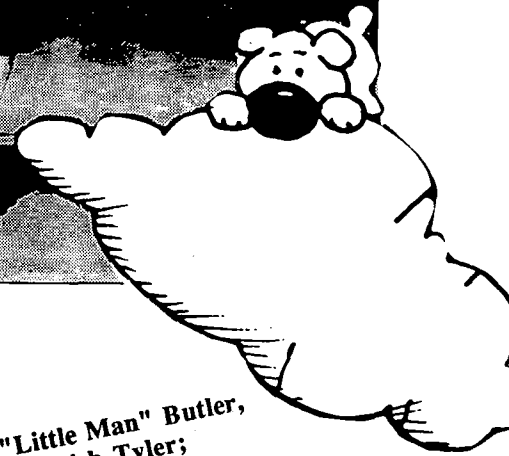
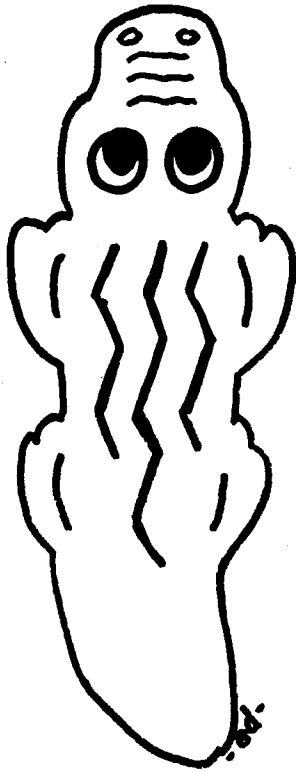
The Asian Youth Substance Abuse Project (AYSAP), attended the second annual Bernal Heights Community Congress, held at Paul Revere School on April 23, 1988.

One of the major resolutions passed by the congress was the issue of drug use among youths in the community, and what intervention can be instituted to address them. AYSAP did a presentation to the delegates focusing on the services it provides, which include: substance abuse information and education to parents and youth, support groups for parents and youth, individual and group counseling, family assessment and intervention, referrals to substance abuse treatment programs, community forums and in-service trainings for youth-serving professionals.

AYSAP/West Bay specifically services youths ages 12 to 21 with drug problems. The project is federally funded by the Office of Substance Abuse Prevention (OSAP) and is administered by the Asian American Recovery Services, Inc. (AARS, Inc.). For more information AYSAP can be contacted at:

953 Mission Street
San Francisco, CA 94100
Rm. 203, Tel. (415) 882-7084

BERNAL YOUTH



ALEMANY MVP

TRIP TO ZOO: Youth: Dana Sampson, William "Little Man" Butler, Robert Davis, Dana Sampson, Jackie Robertson, and Irish Tyler; Adults: Earl Chase, Pattie Bartlett, Buck Bagot. PHOTO BY Philip Ortiz, Alemany MVP.

On Saturday, April 30th, Alemany MVP took a field trip to the Zoo. The teen group holds a drop-in night every Monday from 7 to 9 pm. Young people drop in for socializing, refreshments, and fun. They also can bring their homework and receive tutoring from Professor Chase. MVP will be taking other field trips

NOTE: Have a good time helping some great kids. The teen group needs more adults. If you can commit to at least one regular Monday night per month, or would like to accompany MVP on field trips, please call Buck Bagot at 695-0424, or leave a message at the BHCF at 648-0330.

SAN FRANCISCO
MUSEUM OF

San Francisco
Museum of
MODERN
ART

1988

It's goin' on at the Modern

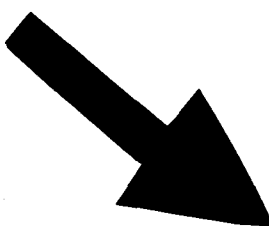
Museum of Modern Art
401 Van Ness

High school students at all Bay Area schools are invited to participate in this free monthly program, on Thursdays throughout the school year at 4 P.M. To interest and involve young people in the art of our time, artists, curators, and art historians lead informal discussions in the galleries on current Museum exhibitions. Sessions take place in the Lecture Room, third floor. Large school groups may register in advance by calling the Education Department, 863-8800, ext. 216.

FOCUS



Free Drug Teen Counseling



Is there a teenage drug problem in your family?

The University of California-San Francisco (UCSF) Department of Family and Community Medicine offers free drug counseling to teenagers and their families in San Francisco and the East Bay. The program, funded by the National Institute on Drug Abuse, provides four months of counseling by trained therapists at either of two locations. At least one adult family member must participate. There is no waiting list.

"We provide free treatment to adolescents and their families in cases where the teenager is involved with drugs. The research aspect of our project evaluates the relative effectiveness of three types of outpatient treatment specifically designed for the target population," says project director Howard Liddle, EdD, UCSF associate professor of family and community medicine at San Francisco General Hospital.

The program is designed for adolescents, 13 to 19, who have used drugs for at least three months during the past year. Teenagers and their parents or guardians receive either family therapy, group therapy, or multi-family treatment. A comprehensive approach is taken to cover emotional, social and family aspects that are related to the problem, according to Liddle.

"Preliminary evidence from our program is very encouraging," says Liddle. "It indicates a significant decrease in substance abuse and behavior problems among teenagers who have completed treatment."

Weekly counseling sessions are conducted in the afternoon or evening at San Francisco General Hospital and in Oakland. Further information is available by calling Dr. Ken Parker, project coordinator, or Raquel Garcia, coordinator of clinical services, at 821-8611.

Summer at the Library

by Cathy Bremer

Now that the Bernal Heights Branch has escaped the budget ax for this year, we can all look forward to a summer of fun at the library.

On Tuesday, June 21 the Summer Reading Program begins. This year our young readers will go on a Treasure Quest by reading books and stamping out 8 characters on their treasure map gamesheets. After reading 8 books and stamping out all 8 characters and the treasure chest, the participant receives a ticket to the Zoo and a zoo key. Kids of all ages are eligible to play. Join your friends at the library for the Summer Reading Game! Registration begins in June.

Come to the library this summer and enjoy our public Apple II computer. Kids will have fun with Challenge Math, Word Matching Game, and Printshop. Adults will enjoy the convenience of having access to PFS: Write, Appleworks, Microsoft Multiplan, and Will Writer. Come in and see the complete list of programs available. All you need to use the computer is a library card. It's free!!

Also at the library:

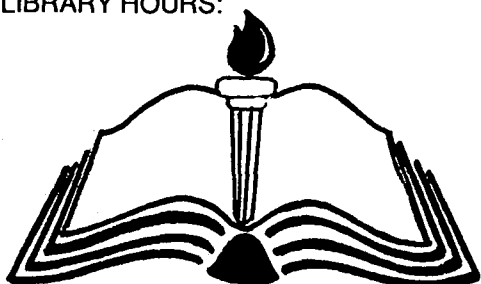
- ✓ copy machine
- ✓ meeting room
- ✓ announcements of community events
- ✓ voter booklets
- ✓ college class schedules
- ✓ best-sellers
- ✓ magazines
- ✓ records & tapes

Don't forget - the library is now open on Saturdays. Come in and enjoy the library, it's free!

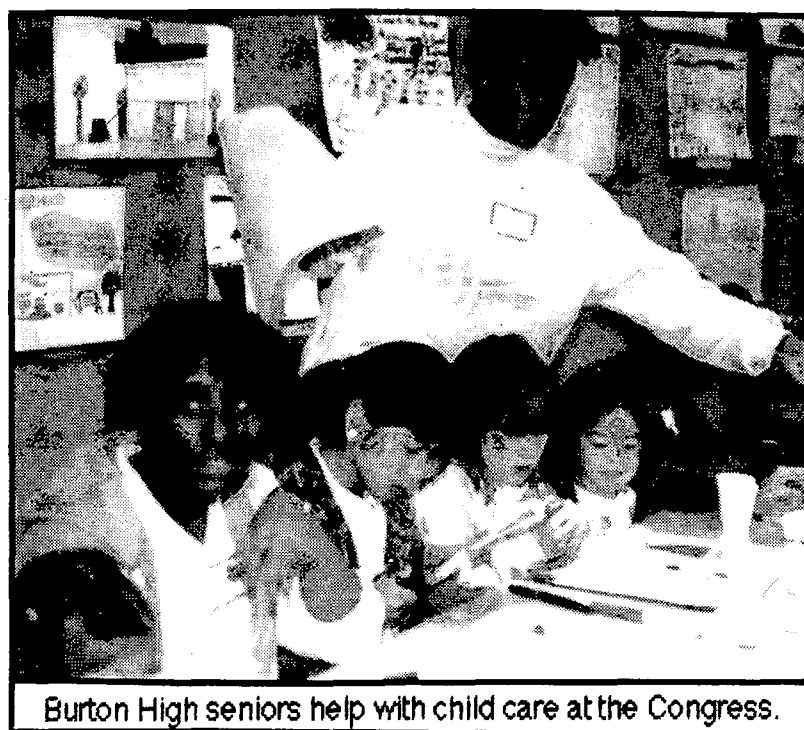
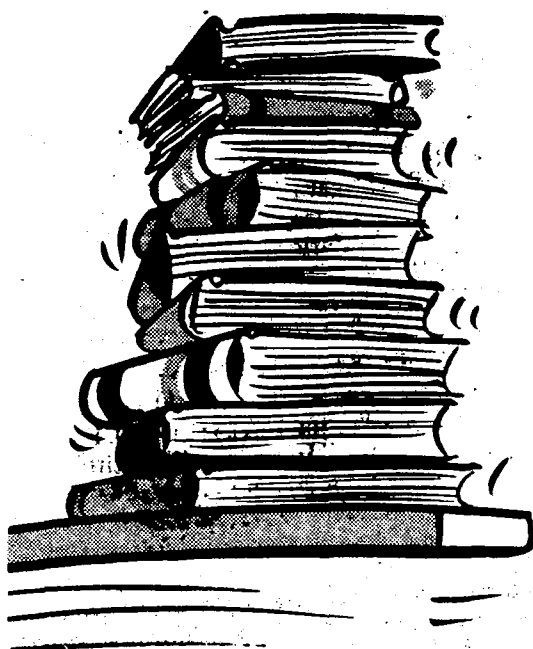
BERNAL HEIGHTS LIBRARY HOURS:

Tuesday 10-6
Wednesday 1-9
Thursday 1-6
Friday 1-6
Saturday 1-6

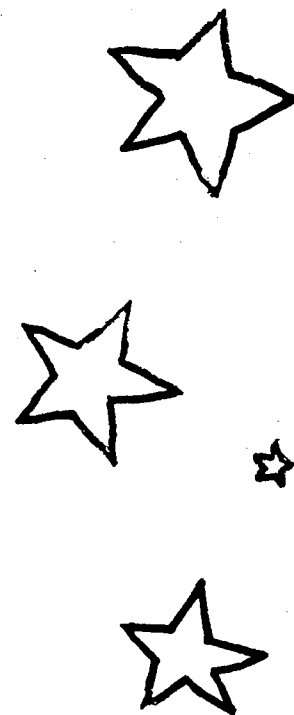
285-1744



Editor's Note: All of Bernal Heights can thank librarians Cathy Bremer and Vivian Sykes for saving our library from the cuts. The budget-cutters dared not try to close such an active and well-used branch, run by two award-winning librarians?



Burton High seniors help with child care at the Congress.



TEENS WANTED

Are you a teen who is looking for a purpose in life? Okay, maybe that is a bit too deep. Do you find yourself bored because you have absolutely nothing to do? How about being a youth volunteer for the *New Bernal Journal*? Volunteer? Yeah, that's right. Hey it's not that yucky. You work in a nice business-like office, and you learn important job skills. Also, you meet very likeable people, and get a chance at improving your English and your imagination. Hours are flexible. One can donate time after school, weekends, or during the summer. Be useful to our community and be a volunteer! Sound good? Give Eileen or Gall a call at 648-0330!

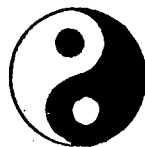
BERNAL SHOOTING (continued from page 1)

According to Falzon, Dentley turned down Patton Street to chase Waddell, and shot him in the leg. "Waddell rolled on his back, pleading for his life (and) yelling at kids to get away. (Dentley) walked up to him, pistol-whipped him several times, placed the gun to his head, pulled the trigger, and killed him instantly." The *Bernal Journal* corroborated Falzon's statement that about 30 to 40 people, many of them children on the street during the attack, "could've been hit" by the five to seven shots fired.

Mr. Waddell is survived by his children, Antoine (20) and Lashun (17), and his wife Nicey Waddell. The *Bernal Journal* spoke with the family, and they respectfully declined any assistance from the Bernal Heights Community Foundation.

Dentley was charged with murder. The *Bernal Journal* will keep readers informed, but up-to-date information on the case may be obtained by contacting SFPD Homicide Detail at 553-1145, or the District Attorney's Office at 553-1752. Mention case # 880-452-863, assigned to Inspector Falzon.

Nicey Waddell is organizing in the public housing projects of the City through Mothers of Concern. Started six months ago, the organization works to unite parents of children with drug problems. Together, they "work to get our kids back", says Ms. Waddell. The group has the support of Police Chief Frank Jordan and Mayor Art Agnos.



Acupuncture/Herbology

Chinese medicine is the oldest medical tradition on earth and is useful for treating a wide variety of health problems, including pain, stress, immune deficiency.

Now serving Bernal Heights! 648-8084

Larry Forsberg, C.A., Dipl. Ac. (N.C.C.A.)

701 Cortland Avenue \$10 off

first treatment with this ad!

SCHOOLS (continued from page 1)

are used to maintain day-to-day school operations, major school repairs have been delayed.

Under the \$90 million school repair proposed by Proposition A, each of the schools of Bernal Heights is slated for major repairs. The priorities for these funds in Bernal schools are asbestos abatement, roof replacement, and electrical upgrading. Additional repairs are needed: water fountains, handicap ramps, toilet upgrading, etc.

According to the SFUSD, the estimated cost of Proposition A to a property owner will be 2.24 cents per \$100 of net assessed property value. For a \$100,000 house, that's just \$22.40 per year!

Bernal resident Judith Theodori, an organizer for the Committee for Proposition A, warns that as the structural repairs are further delayed, they become more and more hazardous—and more costly to fix. She further emphasized that Proposition A is solely for building repairs.

If you'd like to tour one of the schools to see what repairs are needed, contact the school principal.

United we stand

Holly Park organizes for better housing conditions, end to drug dealing

by Buck Bagot

On the Tuesday before the murder of Charles Waddell, ten residents of Holly Court Public Housing had met with representatives of St. Kevin's Church and the Bernal Heights Community Foundation (BHCF) to begin to organize for better living conditions and service from the San Francisco Public Housing Authority and the SF Police Department. They were especially concerned about drug dealing on the corner of Patton Street and Highland Avenue. With the help of Amy Love (St. Kevin's) and Buck Bagot (BHCF), they decided to strengthen the Holly Court Tenants Association by reaching out to involve more of their neighbors in improving conditions in the Holly Court neighborhood.

Mr. Waddell was killed on the following Friday. On Monday, April 18th, the Tenants Association held an emergency meeting attended by over 40 neighbors. Led by Gwen Dilworth, Executive Director of Operation SAFE, residents voted to invite SAFE to help them organize around housing conditions and other social problems. They identified the following issues:

Crime: Drugs—outside drug pushers, problems at the corner of Patton and Highland, fear of drug dealers, and drug dealing and usage in garbage areas.

SF Housing Authority: Mildew, poor security, lights out, water leaks and resulting sagging and caved in ceilings and walls, gas leaks, broken windows, graffiti, and poor condition of kids' play area.

Police Captain Diarmud Philpott of the Ingleside Station told them that getting organized was the best way to beat crime and drugs. He



GONZALEZ "QUALITY" DAYCARE
LEARNING ENVIRONMENT
NUTRITIOUS MEALS

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Business Cards!

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733-A Cortland Street
648-0240

promised increased patrols of the area, including more activity by the Police Protection Narcotics Enforcement Team. He assigned Sergeant Phil Downs to attend all Tenants Association meetings, and to report on the progress of police anti-drug efforts. Tenants Association members voted to hold a Town Hall Meeting on the issues impacting their neighborhood, after recruiting more members.

Operation SAFE is a non-profit organization sponsored by the SFPD and funded by the City to help neighborhood residents organize crime-fighting block clubs. Ms. Dilworth, responding to a weekend request from the Tenants Association and the BHCF, led the residents in a discussion of the shooting, what problems they wanted to address, and how to get organized to do something about it. She assigned SAFE organizers Loretta Whitehead and Mario Andrews to work with the neighbors.

After two planning meetings, the Tenants Association began a door-to-door issues survey of Holly Court on May 23rd. Residents will complete the survey on June 9th, tally the results, and present them to a neighborhood meeting on Tuesday June 14. The Tenants Association and nearby neighbors will then decide which authorities are responsible for correcting the problems, and move them into action.

For more information on the Holly Court Tenants Association, call 641-7909.

BHCF passes resolution in support of Alemany and Holly Court organizing

ON SATURDAY, APRIL 23RD, OVER 160 members of the Bernal Heights Community Foundation passed a resolution in support of efforts to organize at Alemany and Holly Court public housing projects, and to build youth organizations on the Hill. The resolution stated:

Problem: Bad living conditions at Alemany and Holly Courts, lack of organization, services and jobs for Bernal youth, and crime and drugs in our community.

Solution: BHCF and St. Kevin's Church shall jointly sponsor the Bernal Organizing Campaign effort to help residents organize in public housing projects on Bernal, and more generally on youth issues on Bernal.

For more information, call Buck at 695-0424, or leave a message at the BHCF at 648-0330.

IYENGAR YOGA IN THE MISSION

455A VALENCIA STREET SAN FRANCISCO (BETWEEN 15th & 16th)

Classes are on-going A.M. & P.M.

For class information,
call individual instructor:

Kathy Alef (415) 826-3882
Arthur Kilmurray (415) 482-3059
Patricia Layton (415) 695-9207
Janet MacLeod (415) 826-7448
Velleda Schervée (415) 585-1592

All the instructors have been certified by
BKS Iyengar to teach his method.

Capturing the Past

by Bill Cassidy

A movement to record and preserve the rich and diverse history of Bernal Hill, its cultural and architectural heritage, is beginning to take shape with the formation of the Bernal Heights Archives Project. The group, open to all, will hold its first formal hill-wide meeting at 7:00 p.m. Wednesday, June 8 at the Bernal Heights Library. All those in attendance at the first meeting will become charter members.

During the course of the oral history project, long time Hill residents will be encouraged to recall memories of the area before a video camera. Old photographers and documents relating to the Hill also will be taped. Long time residents who would be interested in being interviewed and those with video camera expertise are particularly encouraged to attend, says Bill Cassidy, organizer of the Archives Project.

Cassidy was born on the Hill and has lived his entire life here. He gained experience in oral history and projects when he worked on a similar Potrero Hill endeavor. He plans to relinquish the reins to a steering committee once the group has been solidified. He would like anyone with historic photographs or documents to bring them to the meeting.

Interviews have been recorded already with Lee Egger of Waltham Street, Percy Smith of Precita Avenue and Cassidy himself. On tape, they reminisced about the year several homes were relocated further down the slope to make way for the construction of Bernal Heights Boulevard., the days when Precita Avenue was an active neighborhood business district and the times when *speakeasies* were to be found in the back of corner grocery stores.

Eventually, Cassidy hopes the tapes will be donated to the San Francisco Library's history room or to Bancroft Library.



Neighborhood Center Calendar for June

Day	Meeting/Event	Time
1 WED	Neighborhood Center Committee	6:00 P.M.- 7:30 P.M.
3 FRI	*Bingo	12:45 P.M.
6 MON	*Senior Advisory Board Meeting	1:00 P.M.
8 WED	Bake Sale	9:00 A.M. -3:00 P.M.
	Downzoning Coordinating Comm.	7:00 P.M.
9 THU	*Rap "Treating Yourself in Case"	12:45 P.M.
10 FRI	*Bingo	12:45 P.M.
13 MON	*Health Education Talk from Health Ctr #3	11:00 A.M.
	Bernal Journal Advisory Board	6:30 P.M.
14 TUE	BHCF Planning, Housing, & Development Committee	7:00 P.M.
16 THU	*Podiatrist Visit	9:30 A.M.- NOON.
	Downzoning	7:00
	Bernal Traffic Issues	7:00
17 FRI	*Bingo	12:45 P.M.
19 SUN	Neighborhood Sunday Brunch—\$3.00	10:00 A.M.- 1:00 P.M.
20 MON	*Mission Legal Defense	11:30 A.M.
	*Father's Day Celebration	12:45 P.M.
21 TUE	Pre-school Camp	9:00 A.M.- 12:30 P.M.
	Afternoon Summer Camp	1:00 P.M.- 5:00 P.M. (daily)
	BHCF Board Meeting	7:00 P.M.
22 WED	*Volunteer's Dance	1:00 P.M.
24 FRI	*Bingo	12:45 P.M.
27 MON	*Monthly Senior Birthday/Dance Party at St. Kevin's Ellsworth Hall	10:00 A.M.- 2:00
29 WED	*Nutrition Tips, Folkdance, & Exercise with Mae	10:00 A.M.
30 THURS	*Rap "Neighborhood Watch"	12:45 P.M.

* indicates Senior Program activity

Regular weekly meetings:

Narcotics Anonymous: Mon & Wed, 7:30 P.M.
Alcoholics Anonymous: Thu, 8:00 P.M.

SPECIAL EVENTS IN JULY:

JULY 6: Neighborhood Center Committee Meeting, 6:00 P.M.
JULY 12: Planning, Housing, and Development Committee Meeting.
JULY 17: Sunday Brunch
JULY 22: Senior Dinner & Film "Fundraiser for Needed Roof"; film "Acting Our Age"
JULY 29: Senior Birthday Party & Dance at St. Kevin's Ellsworth Hall.



pancake breakfast

\$3.00

Pancakes, Sausage, Scrambled eggs,
3rd Sunday of every month:

June 19
July 17

10:00 a.m. to 1:00 p.m.
proceeds to benefit
BERNAL HEIGHTS
NEIGHBORHOOD CENTER
515 Cortland Ave. S.F.
information call 648-0330

El Congreso: ¡Más de 160 personas!

St. Kevin's *SHARE*

Over 130 people signed up for the *SHARE* program this month! *SHARE* has been in Bernal Heights for almost a year now and gets bigger each month.

SHARE is a program to stretch your food dollar. For \$12 (in cash or food stamps) and 2 hours of community service, you can receive a package of food worth between \$25-\$35. It consists of frozen meats, staples, and lots of fresh fruits and vegetables.

SHARE is not a government program or a charity. Anyone can participate.

The money must be paid two weeks in advance of the distribution. Payment and distribution take place on pre-scheduled Saturdays at St. Kevin's Anderson Street Hall.

SHARE dates for the rest of 1988 are:

Pay	Pick up food
10-11 a.m.	10 a.m.-Noon
June 11	June 25
July 6	July 31
August 13	August 27
September 10	September 24
October 8	October 22
November 5	November 19
December 3	December 17

For more information call 285-5159.

CARNIVAL

SAN FRANCISCO

Come celebrate San Francisco's Grand Carnival Parade and Festival **Sunday, June 19th.**, beginning 11 A.M. on Mission Street! Born in Precita Park in 1978, Carnival has become a popular Bay Area event featuring music, color, dance, beautiful women, and handsome men. Brazilian, Central American, Caribbean, and African rhythms highlight this colorful tradition: a showcase of the City's rich and vibrant diversity. For more information call Roberto Hernandez or Marcus Gordon at MECA (826-1401), or drop in at 24th and Harrison.



Venga y celebre el Gran Carnaval y fiesta de San Francisco, el domingo 19 de junio, comenzará a las 11:00 a.m. en la calle Mission. Nació en Precita Park en 1978 y El Carnaval se ha convertido en un evento popular en el área de la Bahía, con su música, color, danza, hermosas mujeres, y guapos hombres.

Ritmos Brasileños, Centro-Americanos, Caribenos y Africanos remarcen esta tradición colorida; un espectáculo en esta ciudad de gran riqueza y diversidad. Para más información llame a Roberto Hernandez o Marcus Gordon en la M.E.C.A. (826-1401), o vaya a la calle 24 y Harrison.



Bernal Heights Community Foundation's

Family Night

Friday,
July 22, 1988
6:00 - 9:30 pm

Spaghetti Dinner & Movie With Your Neighbors

Acting Our Age
A Film About
Women Growing
Old

Tickets: \$8 - Adults
\$5 - Senior Citizens
\$5 - Children Under 12

- Please Purchase Tickets in Advance. Seating is Limited to 75 Guests.
- All Proceeds Will Go Towards Building Repairs of the Neighborhood Center.



Bernal Heights Neighborhood Center
515 Cortland • San Francisco • 648-0330

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Call for an appraisal now!

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SENIOR PROGRAM ACTIVITIES FOR JUNE

Festival of Performing Arts Highlights This Month's Van Outings

By Vicki Victoria

The beautiful Golden Gate Park Bandshell will be the location for this year's Festival of Performing Arts In Honor of Senior Citizens. These outdoor performances are scheduled throughout the summer on Thursdays from 1:00 pm to 3:00 pm. And best of all, they're free! Thanks to the generosity of St. Kevin's Church for the use of their van, the Bernal Senior Program will bring senior citizens to attend the performances as part of its June Van Outings. Here's a partial listing of the Senior Program's activities for June:

6/9	Swing Fever, Music From the 30's & 40's
1-3:00	Golden Gate Park Bandshell. Free!
6/16	Podiatrist Visit 9:30 - 12 noon. Fee.
6/20	Father's Day Celebration. 12:45 pm. Free!
6/22	Volunteer's Dance. 1:00 - 3:00 pm. Free!
6/23	Blood Pressure Screening 10 am-12 noon Free.
6/23	New Orleans Jazz Concert
1-3:00	Golden Gate Park Bandshell. Free!
6/27	Monthly Birthday Party & Dance
10 am	St. Kevin's Church Hall. Free!
6/30	Pan American Dance Company Performance
1-3:00	Golden Gate Park Bandshell. Free!

Sign up for the van outings at the Neighborhood Center or call the BHCF Senior Program at 648-0330. For a complete Senior Program Activities Schedule, visit the Senior Program at the Neighborhood Center, 515 Cortland, Monday thru Friday from 9:00 am to 3:00 pm or call Vicki at 648-0330 for more information.

STOP THE MADNESS!

by Teslan'e Smith, Burton High School senior

THE PROBLEM:

In the past three months Vicki Victoria, the Senior Program Administrator at the Bernal Heights Community Foundation, has witnessed several different forms of assault:

- 1) a senior was killed in a hit-and-run accident on Cortland Avenue;
- 2) another was mugged, in broad daylight, at approximately 3 p.m., also on Cortland Avenue;
- 3) a senior's purse was stolen at the neighborhood center.

The reason for these attacks is because the attackers see the elderly as weak, helpless, and very easy targets.

THE QUESTION:

What exactly can be done to such madness against harmless people?

THE SOLUTION:

I'm sorry to say, but the sad part about it is, there is no *real* solution. The only thing I can offer is good, sound, sincere advice...

GENERAL PRECAUTIONS:

- ☛ Carry a whistle
- ☛ Carry your keys on you (not in a backpack, bag or briefcase) and have them ready, in your hand before you get to your designation.
- ☛ Keep one hand free if you are carrying packages.
- ☛ Do not walk alone if you are upset, distracted, or intoxicated.
- ☛ Walk confidently (fearful, uncertain manners transmit timidity)
- ☛ Be especially alert in parking lots, elevators, and at the laundromat.
- ☛ Carry a *dummy* wallet to give to an assailant, and keep your real one in an inside pocket.

AT NIGHT:

- ☛ Walk on the side of the street facing traffic.
- ☛ Avoid walking alone when possible.
- ☛ If a car is following you, turn and walk in the opposite direction.
- ☛ If people talk to you from a car, reply from the curb.

IF TRAVELING BY BUS:

- ☛ Be alert while waiting for the bus.
- ☛ Stay awake.
- ☛ Keep packages and shoulder bags under your arm.
- ☛ Sit near the driver if you're uncertain of the route.
- ☛ Notice who gets off at your stop.

IF YOU ARE DRIVING:

- ☛ Check the back seats of your car before you enter it.
- ☛ Make sure that your doors are locked and windows closed.
- ☛ If followed, drive to a police station.

For more information, please contact:

COMMUNITY UNITED AGAINST VIOLENCE
514 CASTRO STREET
SAN FRANCISCO, CA 94114
864-3112 BUSINESS
864-7233 CRISIS LINE

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TAKING A BREAK 13

New Program for Families of Elderly With Alzheimer's Disease

By Vicki Victoria

In America today, many of our elderly are unnecessarily put into nursing homes. In our family-oriented Bernal Heights community, many of our elderly have the love and care of their families nearby to help them stay in their homes, living independent lives. But taking care of your elderly mother or father can be a very demanding and time consuming role. For this reason, organizations such as Catholic Charities and St. Mary's have designed programs to give you a break from your caregiving routine. Their new Saturday program provides supervised activity and socialization for elders with Alzheimer's Disease and other dementia-causing illnesses. This service is designed to provide a safe, supportive environment for elders while you take a break to do other things. The program begins on July 9, 1988 and will take place every Saturday from 10:00 am to 3:00 pm at St. Mary's Adult Day Health Center, 35 Onondaga Avenue in the Excelsior District (between Alemany & Mission). If you need more information, contact Coleman Wong at St. Mary's, 334-4000 or Vicki at the Bernal Heights Senior Program, 648-0330.

VOLUNTEERS NEEDED!

New Saturday Program for Elders With Alzheimer's Disease

You can help the elderly live active and independent lives by volunteering your time and talents in a new Saturday Program for elders with Alzheimer's Disease and other dementing illnesses. Volunteer opportunities offer a wide range of possibilities. The program needs escort aides. People who would enjoy leading small groups in creative arts, music, exercise/dance, drama, active games and stimulating activities with elders should contact Sandi Peters at Catholic Charities, 864-7400. The program is from 10:00 am - 3:00 pm on Saturdays at St. Mary's Adult Day Health Center at 35 Onondaga Avenue in the Excelsior.

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BERNAL

HILLTOP



In the previous issue I discussed wildflowers and birds that can be seen on Bernal, but I made only passing reference to the fact our hilltop represents one of the few relictual examples of native bunchgrass prairie remaining in San Francisco. Prior to European settlement, large areas of California were covered by fields of clumping perennial grasses. The spaces between the clumps provided ideal niches for a display of our great diversity of wildflower species. Competition from annual grasses and forbs introduced by settlers from Mediterranean regions, the heavy impact of overgrazing, and the removal of open space for human development have all contributed to the destruction of much of our native grassland ecosystem.

Approximately ten California native grass species can be seen on Bernal. *Poa unilateralis* is of special local significance because its type locality (the place in which the plant was originally discovered, identified, and named) was San Francisco (in 1893). Although this species reaches its flowering peak between March and May, the clumped foliage of this and other bunchgrass is striking throughout most of the year. The best place to see bunchgrass in association with native wildflowers is the west slope of the hilltop, where shallow soil, steep slopes, and strong winds provide a habitat more favorable to natives than to weeds.

In December 1986 interested local residents and other volunteers began the Bernal Hilltop Native Grassland Restoration Project, an ecologically-based attempt to help the hill rid itself of invasive weeds and garden escapees, increase the range of native species, and reverse some of the ecosystem

destruction that came with European settlement. A small test plot on an extremely weedy site near the eastern end of the hill was planted with native grasses and a few wildflowers, grown from Bernal seed to ensure genetic and ecotype consistency. The area around each plant was kept weeded throughout the year. In addition to a good survival rate, we were delighted to observe the spontaneous appearance of several native species that occur elsewhere on the hill but had not previously been noted in the test area. This year the test plot size has been doubled; monitoring and maintenance is being continued.

Other hilltop improvement activities undertaken by the restoration project include removal of flower and seed heads from some of the more invasive weedy species to prevent their spread, small-scale experiments at encouraging species restoration to control erosion on other parts of the hill, and continued maintenance of the fifteen-year old trash removal project.

Work parties take place at 1:00 P.M. on the third Sunday of each month. Mark your calendars for June 19 and July 17. Fall and winter work parties concentrate on planting. At other times of the year volunteers are trained in weed recognition and proper methods of removal. Trash pickup is combined with enjoyment of the Bernal flora and fauna at all seasons of the year. Anyone interested in more detailed information regarding the hilltop work may call Richard Clinebell (647-4145) or Barbara Pitschel (282-5066).

OPTION

by Gloria Jewel Leitner

Subjectively,
Perspectively,
The picture is never quite clear.
Mood-glasses color,
A fog of inner emotions
Obscures the view.

And yet, if we'd make
Every effort to see
With eyes not cast down,
But up—
We'd progress to a clearer sight:
By the light
Of our very own soul's new moon.



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Health Focus on... High Blood Pressure

by Barbara Rosa, Nurse Practitioner

Almost every adult reading this article has had their blood pressure taken, but how many of you know that children, starting about three years old, should also have their blood pressure checked on a regular basis? High blood pressure or *hypertension* is usually thought of as a problem for adults, but studies have shown that one to two percent of children and five percent of teenagers have persistent hypertension. Since about forty percent of children one to four years old found to have high blood pressure and fifty percent children four to fifteen years old with hypertension continue to be hypertensive in adulthood, early screening, starting between two and three years old, is recommended.

It is also important to know that hypertension is unfortunately much more common in black and latino children than it is in white children. In fact, we know that high blood pressure is the leading cause of death among black Americans. Black teenage girls die from heart disease at a rate three times that of white teenage girls and this difference continues throughout life. The reasons are poorly understood by scientists, but genetics and heredity play a major role.

Hypertension is any age group can have a variety of causes. The most common and also the most dangerous is "primary" or "essential" hypertension. It has no known cause. It is not curable but it can be controlled, if you know about it. If you don't, ultimately severe kidney damage and kidney failure occur. By checking blood pressure in young children, health care workers hope to identify hypertensive kids early, begin treatment, and prevent the damage that years of uncontrolled hypertension causes.

The 'bad guys' in this disease are poor diet, lack of exercise, smoking and drug and alcohol abuse. Since most people with high blood pressure do not have a substance abuse problem, some simple changes in diet and activity can go a long way toward controlling the problem.

The average American's diet is loaded with salt. We are salt-food junkies and American teenagers are probably the worst offenders. Children should start early to enjoy the flavor of unsalted food. Use lemon juice, vinegar, onions, garlic and other herbs to flavor food. Learn to cook without salt, try not to use too much canned, frozen or prepared foods - they are very heavily salted.

It is not necessary to become a marathon runner in order to get more exercise. Twenty to thirty minutes, three or four times a week of steady, low intensity, aerobic exercise is better than most medicine in lowering blood pressure. The key is it should be continuous and rhythmic. Stopping and starting is no good. There are lots of activities we like to do already that can be made into aerobic exercise without much trouble. Fast dancing, pick-up basketball, bicycle riding, and even walking, if done steadily for a half-hour, three or four times a week, are great ways to improve your cardiovascular state.

While death from heart disease and stroke in the general population is declining, hypertension still remains a major health problem. Blood pressure checks for you and your children, to identify the disease as early as possible, and diet and activity changes, to control the disease, can go a long way toward reducing the death rate even more.

For more information about high blood pressure, contact your family doctor, neighborhood health center, local hospital, or the public health department.

Jessica Murray's



Astro-rap

Get down to your roots this month.

When the sun moves into the sign Cancer on June 20th, a new kind of energy settles over the earth, an energy very different from the lightstepping whimsy of Gemini. Now people begin to feel the urge to touch base with family, to reconsolidate old ties, to define basic security needs.

Solar Gemini (May 20-June 20) was a time of experimentation, where we were moved to flutter around from experience to experience like butterflies. Now Cancer brings us back home.

A water sign, Cancer is emotional. Those of you with Cancer planets in your charts knows how deep the feelings can run. This sign points to the childlike need to be sheltered, protected and fed: people with a lot of Cancer planets seek nurturing continuously and, at best, are warmly maternal themselves. Cancerian men, by the way, are experts at mothering too. In both sexes, the ability to provide security for other people may take any number of forms, from owning a motel to selling carpets. Somewhere or other in the Cancerian's work we will find the archetype of Hearth and Home alluded to.

Cancer is ruled by the moon, the planet of early life. Because this sign has so much to do with childhood, the question of whether or not the Cancerian individual got enough nurturing when (s)he really needed it becomes an important one. The Cancerian whose implorings lacked sufficient mother-love will turn into a grasping, insecure adult unless the lesson is learned that the only true security is the inner knowledge of one's own spiritual foundations.

Early summer is an appropriate time to turn our attention to domestic matters. You may stay home more often, tending the garden, waxing creative in the kitchen. The energy everyone feels right now is fertile and imaginative, so artwork is enhanced.

And personal relationships are deepened. This Cancer season try to extend to everyone in your life the same trust and warmth that is ordinarily reserved for family alone.



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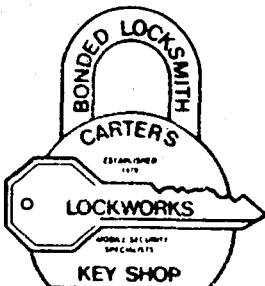
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